



South Central District Health

1020 Washington St N \* Twin Falls ID 83301

*Keeping your family & community healthy*

April 12, 2006

**PRESS RELEASE – For Immediate Release**

Contact: Tami Pearson, Health Education Specialist, 737-5945

**District Health Offers Free Tobacco Cessation Classes in Shoshone**

South Central District Health, along with Shoshone Family Medical Clinic, will offer the American Cancer Society's "Fresh Start" program designed to help adults quit using tobacco.

Two class times are being offered for free for the convenience of participants. The first six-week class will begin on Tuesday, May 9, at 12:30 p.m. and continue every Tuesday until June 13. The second class will begin on Wednesday, May 10, at 5:30 p.m. and continue every Wednesday until June 14. Both classes will meet at the Shoshone Family Medical Center located at 113 S. Apple St. in Shoshone. Participants may register by calling Tami Pearson, South Central District Health Tobacco Program Coordinator, at 737-5945 or Dr. Davis' office at the Shoshone Family Medical Center at 886-2224.

The "Fresh Start" program is specifically designed for those who are tired of their addiction. It builds skills and knowledge to help reduce and eventually end tobacco use. Participants will learn skills to communicate better, handle stress, make decisions, set goals, eat healthy, and exercise.

Smoking is the single most preventable cause of death in the United States. More than 430,000 people die every year in United States from using tobacco products. Space is limited in the free class so participants are urged to register early.

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